

# Registration Saturday March 7th

## Department Staff

Angela Snell, Director

Gary Grindle, Recreation Supervisor

Jean Giles, Senior Account Clerk

Dan Rowley, Parks & Cemetery Foreman

## Policies

### Parks & Recreation

Please contact us at 508-841-8503 with any questions. Office hours are Monday through Friday 8am-Noon & 1-4:30pm.

### Registration & Program Information

Programs have enrollment limits, and sign-ups are accepted on a strict first come basis. Registrations are non-transferable. Registration forms must be signed by a parent. A registration will not be accepted without a properly completed form. All registrations are subject to review for eligibility. Programs are for residents unless otherwise noted with a non-resident fee. Non-Residents may register starting March 13<sup>th</sup> (unless otherwise noted in the program description) Seniors-60 and older, Adults-18 and older. Incomplete or inaccurate forms will be returned.

### Proxy Registrations

A person may submit another's registration form, provided the form is properly completed and signed and accompanied by the correct fee. (wait until availability is confirmed before filling in their check). Limit of one per submitted (in addition to your own).

### Refund Policy

Refunds will be granted within 3 days of receipt of registration (unless program is underway) minus the administration fee of \$10. Verifiable medical excuses will be granted prior to start of program or pro-rated once the program has started. If we are able to sell your spot to someone on the waiting list then a refund will be processed minus the \$10 administrative fee.

### Switching of Classes

Participants will not be allowed to switch or change programs to different nights.

### Cancellation Policy

Programs may be cancelled due to lack of enrollment, inclement weather and holidays. We also reserve the right to cancel any registration due to misprints or human error. The parks & recreation department is not responsible for rain/snow cancellations and will do its best to make up classes permitting time or weather constraints.

### Cancellation Hotline

Contact 508-841-8336 for any cancellations due to inclement weather (approximately 1 hour before the class starts).

### Valuables

The parks & recreation department is not responsible for any lost or stolen items, valuables in particular should not be brought to any program.

### Age & Grade Requirements

All programs are to follow the set grade or age limit that is specified in the brochure. The age limit required corresponds to the date of the first class. The grade limit required corresponds to the child's current grade level. Adult classes are aged at 18 and older unless otherwise specified. All registration forms must have a date of birth listed.

### Photo Policy.... Smile

The recreation department and/or press will take pictures & video on occasion of participants for publicity purposes and for local cable. If you do not want to have you or your child photographed, please let us know on the registration form.

### Advertisements

Programs and special events will be shown on channel 15 & 30 and in local newspapers.

### Code of Conduct

We ask all participants to respect the staff, other participants, age requirements, and the equipment. Please refrain from causing bodily harm to others and from using foul language. Additional rules will be announced at each program. If a participant fails to cooperate with the rules, the department reserves the right to dismiss or suspend a participant with no money refunded. Each situation will be evaluated by the director.

### Contracted Programs

# Registration Saturday March 7th

Course content is under supervision of the contracted vendor.

## Medication Policy

Parks and Recreation staff cannot dispense medication and/or epi-pen. An epi-pen may be kept on site in case EMS is called for an emergency. If a child requires daily medication, parents must make arrangements for someone to come and dispense the medication if necessary. In case of emergency we will call 911.

## Contacts for Local Sport Programs 2009

**Little League:** [www.shrewsburylittleleague.com](http://www.shrewsburylittleleague.com)

**LL Girl's Softball:** [www.shrewsburylittleleague.com](http://www.shrewsburylittleleague.com)

**Pop Warner Football:** [www.syfca.com](http://www.syfca.com)

**Hockey:** [www.syha.net](http://www.syha.net)

**Youth Soccer:** [www.shrewsburyyouthsoccer.com](http://www.shrewsburyyouthsoccer.com)

**QRA (rowing):** [www.qra.org](http://www.qra.org)

**SCDC:** [www.scdc.org](http://www.scdc.org)

**Girls Youth Lacrosse:** [madston@aol.com](mailto:madston@aol.com)

**Boys Lacrosse:** [www.shrewsburyyouthlacrosse.com](http://www.shrewsburyyouthlacrosse.com)

## Flashlight EGGtravaganza

Come out and join us for this fun and exciting event for children ages 4-10. Children will have the opportunity to search the bunny patch using a flash light for a special egg & Shamrocks. Paddy MC Bunny will make a special appearance for pictures and to hand out candy. Parents must accompany their children. Please bring a flash light.

### Currently Accepting Registration

# 146230-A      Time: 7:30PM      Ages: 10 and under      Dates: 3/16      Fee: \$4  
Day: Monday      Loc: Oak MS Field (by gym)      (Weather Make-up Date Tuesday 3/17)

No registrations will be taken on site. Program is geared toward children 4-10 with adult. Space is limited.

## Seniors

### Registration is currently being accepted

#### Senior Recreational Bowling

Come and join the senior bowling league at the Town & Country Bowling Alley. This recreational league provides exercise and an enjoyable atmosphere. Weekly fee is \$9

Which includes 3 games and coffee.      Time: 1pm      Dates: Currently ongoing Fee: \$9 (weekly)  
Day: Tuesday      Age: Seniors      Loc: Town & Country Bowl (Rte 9 & Oak St.)

#### Senior Fitness & Nutrition

Want to look and feel better, while improving strength, flexibility and endurance? Join us at the Senior Center at 9:30am on Wednesday's starting April 1<sup>st</sup>. Exercise mind and body with the latest in aging research, memory techniques, and fall prevention. Karen McKenzie is one of the country's first senior fitness specialists and host of cable TV's talk show "Seniors on the Move", stay active and informed.

# 144050-A      Time: 9:30 -10:30am      Res: \$25      Non-Res: \$30      Instructor: Karen McKenzie  
Day: Wednesday Age: Seniors      Loc: Senior center      Dates: 4/1-5/27 (No 4/22, 8 classes)

#### Senior Painting Medium of Choice

This class will allow participants to become creative while using a variety of different painting methods with acrylic and water base paints. The class will also focus on drawing techniques. All abilities welcome. Materials are included.

#144120-C      Time: 10am-12pm      Res: \$30      Non Res: \$35      Loc: Senior Center Art Room (8 classes)  
Ages: Seniors      Day: Thursday      Instructor: Jen Swan      Dates: 3/26-5/21 (no 4/23)

## Adults

### Men's Softball League

Join us for this recreational slow-pitch league for adults (18+). Teams will play 1 or 2 nights a week throughout the mid summer. There is a limited # of teams and 70% of each team must be Shrewsbury residents. Please contact Gary Grindle

# Registration Saturday March 7th

(508-841-8503) with inquiries about joining our league or if you want to be put on the free agent list. Any player that is not listed on the team roster will not be allowed to play. Games will begin in April/May (exact date TBA). Limited number of teams accepted.

## Co-Ed Softball League

Come out and play in this recreational slow-pitch league for adults (18+). Games will be held on Friday nights from 6:30-9:30PM. Please contact Gary Grindle (508-841-8503) with inquiries about joining our league or if you want to be put on the free agent list. A captain's meeting TBA. There is a limited # of teams. All teams need to have at least 70% Shrewsbury residents. Any player that is not listed on the team roster will not be allowed to play. Games will begin in April/May (exact date TBA). A minimum number of women need to be playing at all times.

## Adult Golf Lessons

A great program for golfers of all levels. Instructors work with participants individually within the group for gradual improvement over the span of five classes.

#143220-A	Day: Wednesday	Dates: 4/15-5/20 (no 4/22, 5 classes)	Time: 6:30-7:30PM	Res: \$120
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#143220-B	Day: Thursday	Dates: 4/16-5/21 (no 4/23, 5 classes)	Time: 6:30-7:30PM	Res: \$120
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Location: Juniper Hill Country Club, 142 School Street, Northboro. Please call 508-351-9500 with any questions (clubs are available). Ratio is normally 4 students to 1 instructor.

## Tai Chi & Chi Gong

The Tai Chi form is a method whereby a person can practice the maneuvers used in self-defense in order to develop internal power and external flexibility. Daily Tai Chi practice will enhance the quality of life.

#143070-A Res: \$45 Non-Res: \$52 Dates: 4/1-6/3 (no 4/22, 9 classes)

Time: 5:45-7:15pm (varies by skill level) Beginners will be at 5:45pm and repeat students at 6:30pm)

Day: Wednesday Ages: Adults

Loc: Beal School Instructor: Laurie Demers

## Beginner Yoga

This is a Hatha Yoga class with a vinyasa influence. Emphasis is placed on breathing (pranayama) in order to use breath to move the body and make a connection between body and mind. Gentle yoga postures (asanas) are taught with proper body alignment in order to strengthen and calm the body. Students are encouraged to listen to their mind/body dialogue in order to help them enjoy and understand yoga. For final relaxation, guided meditation completes class. This class is suitable for beginners or more experienced students who prefer a gentle class. Please bring a mat and a small pillow or thick towel to class.

#143080-A	Ages: Adults	Time: 6-6:55pm	Dates: 4/1-6/3 (no 4/22, 9 classes)
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Res: \$54	Non-Res: \$61	Day: Wednesday	Loc: Senior Center	Instructor: Rebecca Bibart
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#143080-B	Ages: Adults	Time: 7-7:55pm	Dates: 4/1-6/3 (no 4/22, 9 classes)
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Res: \$54	Non-Res: \$61	Day: Wednesday	Loc: Senior Center	Instructor: Rebecca Bibart
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<p><b>Adult Tennis Lessons for the Spring will be advertised in the Summer Brochure.</b></p>
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## Intermediate Yoga (previous experience)

This class is for those students comfortable with the asanas taught in the beginner class and who want to deepen their practice. The main requirement for joining the class is good body awareness. Each asana is held a little longer which helps to increase your strength, stamina and breathing capacity. Proper breathing and body alignment are emphasized. Class is wrapped up with a guided final relaxation. Please bring a mat to class. (please note the longer class time)

#143080-C	Ages: Adults	Time: 7-8:15pm	Dates: 3/24-6/2 (no 4/21, 10 classes)
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Res: \$75	Non-Res: \$82	Day: Tuesday	Loc: Senior Center	Instructor: Mandy Nelson
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#143080-F	Ages: Adults	Time: 5:40-6:55pm	Dates: 3/24-6/2 (no 4/21, 10 classes)
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Res: \$75	Non-Res: \$82	Day: Tuesday	Loc: Senior Center	Instructor: Mandy Nelson
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# Registration Saturday March 7th

## Teen & Youth

### Teen Yoga

Class will include asanas (movements and postures) for health, strength and flexibility as well as breathing for relaxation and focus. Please bring a mat. Instructor: Mandy Nelson

#142080-D Day: Tuesday Grades: 7-12<sup>th</sup> Time: 4:45-5:35pm  
 Loc: Senior Center Res: \$48 Non-Res:\$55 Dates: 4/7-6/2 (no 4/21, 8 classes)

### Teen Tae Kwon Do

Improve self confidence, self defense and self discipline for teenagers! This program is for new applicants that have not taken classes with the Academy. Uniform is included. Location: US TAE KWON DO center academy (Rte 9, next to Town Fair Tire)

#142290-D Dates: 3/13-4/17 Time: 7-7:40pm Res: \$40 (6 classes) Day: Friday Ages: 12 and up

### Teen Gigong

Teens will help learn stress management and to perceive life's challenges as being within your control. Achieve clearer thinking and a feeling of calmness. Gigong is a breathing exercise which empowers it's practitioner through relaxation techniques.

#142080-E Day: Monday Dates: 4/6-6/8 (no 4/20 & 5/25, 8 classes) Instructor: Laurie Demers  
 Grades: 7-12<sup>th</sup> Time: 6-6:50pm Loc: Beal School Res: \$48 Non-Res:\$55

### Tae Kwon Do (Beginners)

TAE KWON DO develops self confidence, self defense training and self discipline. A uniform is included for participants. This program is for new applicants that have not taken classes with the Academy. Location: US TAE KWON DO Center Academy (Rte 9, next to Town Fair Tire)

#142290-A Dates: 3/17-4/16 Time: 5:50-6:35pm Res: \$70 (10 classes) Day: Tuesday & Thursday Ages: 5 to 11

#142290-B Dates: 3/14-4/18 Time: 9-9:45am Res: \$40 (6 classes) Day: Saturday Ages: 5 to 11

#142290-C Dates: 3/14-4/18 Time: 10-10:45am Res: \$40 (6 classes) Day: Saturday Ages: 5 to 11

### Babysitter's Training Course

This class is designed for children in 6-8<sup>th</sup> grade who are interested in becoming responsible babysitters. Topics include infant and toddler care, safety and first aid including CPR, how to handle emergencies, game playing and much more! **Participants must attend all classes to receive a certificate.** Classes are taught by a registered nurse. The course is being offered through a partnership with UMASS and Shrewsbury Parks and Rec.

#142250-A Time: 6:30-8:30pm Grade: 6-8<sup>th</sup> Day: Thursday  
 Loc: Sherwood Middle School Room 137 Date: 3/19-4/9 (4 classes) Res: \$50

## Teen Tennis Lessons for the Spring will be advertised in the Summer Brochure.

### Youth Golf Classes (Age 7-14)

#142220-A Beginner Day: Wednesday Dates: 4/15-5/20 (no 4/22, 5 classes) Time: 4:15-5:15PM Res: \$100

#142220-B Beginner Day: Friday Dates: 4/17-5/22 (no 4/24, 5 classes) Time: 4:30-5:30PM Res: \$100

#142220-C Intermediate Day: Wednesday Dates: 4/15-5/20 (no 4/22, 5 classes) Time: 5:15-6:15PM Res: \$100

Location: Juniper Hill Country Club, 142 School Street in Northboro. Please call 508-351-9500 with any questions (clubs are available). Ratio is normally 4 students to 1 instructor.

### Creative Art

Our goal in offering art courses is to introduce children to a wide range of art techniques, thus encouraging imagination and creative expression. Some of the topics this session will include art mediums, water colors, sculpting and modeling clay.

Location: Claytime Studio (Rte 9 in Shrewsbury, next to Dunkin Donuts) Instructor: Claytime Staff

#142120-D Grades: 3-6<sup>th</sup> Time: 5:30-6:30pm Dates: 3/19-4/30 (no 4/23) Res: \$40 (6 classes) Day: Thursday

### Claytime Pottery Class

# Registration Saturday March 7th

Each week children will have the opportunity to paint an unfinished piece of pottery that will be then glazed and fired in a kiln. All of the dinnerware painted will be food safe once it's glazed and fired. Location: Claytime Studio (Rte 9 in Shrewsbury, next to Dunkin Donuts) 4 classes. Instructor: Claytime Staff

#142120-A Dates: 3/17-4/7 Time: 4-5pm Res: \$45 Day: Tuesday Grades: 1<sup>st</sup>-4<sup>th</sup>

## Creative Clay Building

Children will have the opportunity to use their imagination and create their own projects out of clay. Classes will emphasis on clay building for 2 classes and painting for 2 classes. Location: Claytime Studio (Rte 9 in Shrewsbury, next to Dunkin Donuts) Instructor: Claytime Staff

#142120-C Dates 3/18-4/8 Time: 5:30-6:30pm Res: \$45 Day: Wednesday Grades: 1<sup>st</sup>-4<sup>th</sup>

## April Vacation Baseball Clinic

The **Rich Gedman** clinic is notorious for providing great skill building in a fun and safe environment. Children will work on catching, positioning, throwing, fielding, pop-ups and hitting. Please bring snacks, plenty of fluids, and a glove (no cleats).

# 142130-A	Time: 8:30AM-11:30AM	Resident Fee: \$135	Non-Resident Fee: \$145
Day: Tues-Friday	Loc: Dean Park lower LL fields	Dates: 4/21-4/24	Grades: 1-2 <sup>nd</sup>

# 142130-B	Time: 12-3PM	Resident Fee: \$135	Non-Resident Fee: \$145
Day: Tues-Friday	Loc: Dean Park lower LL fields	Dates: 4/21-4/24	Grades: 3-6 <sup>th</sup>

## Floor Hockey

Kids will have the opportunity to stick handle, dek and score in this non-competitive program. Street hockey sticks will be provided for those who do not have one. Ice hockey (wooden blade) or aluminum sticks are not allowed. **Loc:** Sherwood Gym

## Currently Accepting Registration

<b>Grades 2&amp;3</b>	# 142170-A	Dates: 3/11-4/15	Day: Wednesday	Res: \$40 (6 weeks)	Time: 6-7pm
<b>Grades 4-6</b>	# 142170-B	Dates: 3/11-4/15	Day: Wednesday	Res: \$40 (6 weeks)	Time: 7:15-8:15pm

## **Youth Tennis Lessons for the Spring will be advertised in the Summer Brochure**

## **Tots & Youth**

## All By Myself

Your child will have fun participating in indoor activities, circle time with books and discussions, small and large motor activities, art projects, cooperative play and age appropriate lessons. Through structured play and discovery learning, your child will have the opportunity to increase their social development, self-esteem and independence. Child must be at least 3, but no older than 5 at the start of the first class and must also be potty trained. Please bring a snack and plenty of fluids (no peanut products) Loc: Ray Stone Post (parking available at the upper Dean Park lot, by pond) Res: \$80 (8 classes)

Instructor: Ann Morrissey Ages: 3-5

# 141040-A Day: Wednesday Time: 10:30-12:30 Wednesday Dates: 4/8-6/3 (no 4/22)

# 141040-C Day: Friday Time: 10:30-12:30 Friday Dates: 4/3-6/5 (no 4/24 & 5/22)

## Gymnastics

Each structured class is 45 minutes in length, which is designed to introduce basic gymnastic skills and stimulate gross motor skill development for children ages 4 & 5. The use of special preschool equipment, in addition to the safe use of all gymnastic equipment, develops and refines motor skills, coordination, and self confidence. The ratio will be 8 students to 1 instructor. Children must be 4 by the start of the first class. Location: Gymnastics Learning Center, located at 574 Lake Street in Shrewsbury.

#141150-A	Time: 2:15-3pm	Res: \$85	Day: Wednesday	Ages: 4 & 5	Dates: 4/1-6/10 (no, 4/22, 10 classes)
#141150-B	Time: 11-11:45am	Res: \$85	Day: Tuesday	Ages: 4 & 5	Dates: 3/31-6/9 (no, 4/21, 10 classes)

## Just You and Me

This class is designed to give you the opportunity to spend quality time with your toddler and have fun too. Together you will play games, sing songs, create crafts and more. Parent or adult must be able to stay with the child at all times and participate.

# Registration Saturday March 7th

Child must be at least 2 and no older than 3 at the start of the first class. Loc: Ray Stone Post (parking available at the upper Dean Park lot, by pond) # 141040-F (8 classes) Ages: 2& 3 with Adult Day: Friday  
Instructor: Ann Morrissey Time: 9:30-10:15am Dates: 4/3-6/5 (no 4/24 & 5/22) Res: \$40 per child

## **Weather Cancellation Hotline**

In case of inclement weather, call no earlier than 1 hour prior to the class starting. If school is cancelled due to weather, all parks & recreation programs are cancelled. If there is a school delay, then all youth AM classes are automatically cancelled.  
**# 508-841-8336**

## **Tennis Permits**

Reservations available on-line at: [www.shrewsburytennis.org](http://www.shrewsburytennis.org)  
\$35 Fee for entire season. Guidelines and rules posted online.  
Mail in application to office and we will e-mail you the access to site.

## **Special Needs Program**

Program is open to children & adults with intellectual disabilities.  
Participate in Special Olympics & Social Events. [shrewsburyspecialneeds@yahoo.com](mailto:shrewsburyspecialneeds@yahoo.com)